

# Any-Season Fruit Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon anise extract
- 2 large apples cubed
- 2 grapefruit peeled
- 1 pound grapes green
- 3 kiwi fruit peeled sliced
- 0.3 cup juice of lemon
- 3 cranberry-orange relish peeled
- 20 ounces pineapple chunks drained canned

- 0.5 teaspoon salt
- 1 pint strawberries sliced
- 1.5 cups sugar
- 2 cups water

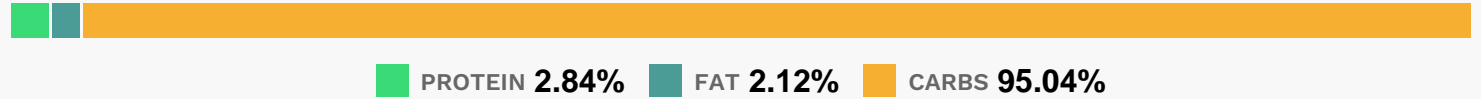
## Equipment

- bowl
- sauce pan

## Directions

- In a medium saucepan, combine water, sugar, lime juice, anise and salt. Bring to a boil over medium heat; cook for 20 minutes, stirring occasionally.
- Remove from the heat; cover and refrigerate for 6 hours or overnight.
- Combine fruit in a large bowl; add dressing and toss to coat. Cover and chill for at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:7.1191305699556%

## Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.53mg, Pelargonidin: 6.53mg, Pelargonidin: 6.53mg, Pelargonidin: 6.53mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg Naringenin: 12.76mg, Naringenin: 12.76mg, Naringenin: 12.76mg, Naringenin: 12.76mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 153.75kcal (7.69%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 36.35g (13.22%), Sugar: 34.37g (38.19%), Cholesterol: 0mg (0%), Sodium: 68.21mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin C: 53.93mg (65.37%), Fiber: 3.2g (12.82%), Vitamin K: 11.14µg (10.6%), Vitamin A: 438.62IU (8.77%), Manganese: 0.16mg (7.8%), Potassium: 266.87mg (7.62%), Copper: 0.13mg (6.52%), Vitamin B1: 0.1mg (6.43%), Folate: 24.23µg (6.06%), Vitamin B6: 0.11mg (5.37%), Magnesium: 18.85mg (4.71%), Vitamin B2: 0.06mg (3.63%), Calcium: 34.82mg (3.48%), Vitamin E: 0.46mg (3.03%), Phosphorus: 29.97mg (3%), Iron: 0.41mg (2.28%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.44mg (2.2%), Zinc: 0.16mg (1.06%)